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DR. RING'S



ANITARIUM

ARLINGTON HEIGHTS, MASS.

Eight miles from Boston, on the

Boston & Lowell R. R.

APR 30 1962

The Sanitarium.



HIS institution is situated on Arlington Heights, Mass., eight miles from Boston, on the Boston & Lowell Railroad.

It was opened for the reception of patients in October, 1879, and has since been steadily gaining the confidence of physicians and the public as a reliable institution.

In July, 1881, Dr. Ring, after fifteen years' general practice, being desirous of giving especial attention to Diseases of the Nervous System and the treatment of chronic diseases generally, without drugs, or, if used, as sparingly as possible, purchased the property, and has since closely devoted himself to its professional management.

For Whom the Sanitarium is Intended.

The Sanitarium is intended for invalids who require such treatment as cannot well be obtained at home; for patients convalescing from non-contagious diseases, and chronic nervous affections not of an insane character; and for persons who, while they do not wish to be thought of as invalids, require rest and a change of air and scene.

For these different classes it will be found all that can be desired. Most nervous, sensitive persons dislike the thought of leaving home and friends, and the idea of going to an hospital, or an asylum, is repulsive in the extreme. It is in this respect that this institution differs so widely from any other in New England. Every means are used to infuse a social and home-like atmosphere, and there is almost an entire absence of the hospital or invalid air about it. Everything is done to make one *well, cheerful, and happy*. It is, in fact, as many of our patients have expressed it, a quiet, orderly home, where rational treatment is given under proper hygienic restrictions.

The Situation.

The delightful location of the Sanitarium, and its close proximity to Boston, make it a most desirable home for patients whose friends reside in the city.

The atmosphere on Arlington Heights is remarkably pure. In summer the temperature is some degrees lower than in Boston or the neighboring valleys, while in winter it is higher.

Standing on Arlington Heights, Charles Sumner declared that he had visited no point on either continent from which the views were "so magnificent, varied, and beautiful." We can see and study the city of Boston and all its surrounding towns ;

the harbor, with its many beautiful islands ; twenty miles of incomparable sea-coast ; the hill and mountain scenery of Eastern Massachusetts, and almost catch glimpses of the White Mountains.

The water is as pure as the famous Poland water, and its analysis shows similar chemical properties. In disease of the liver, kidneys, and stomach, and affections of the nervous system, Arlington Heights offers greater advantages to persons of the Eastern and Western States than Georgia, Florida, or Texas during the autumn, winter, and spring months, while in summer its climate is incomparable east of California. Not a few patients who formerly spent some months, at great inconvenience and expense, at the White Mountains, speak of the air here as equally pure and bracing, and are anxious to have the fact more widely known. For some years the conviction has been steadily growing among the people and among physicians that these Heights offer a natural sanitarium for winter and summer. They are the highest point of land within many miles of Boston, and rise about six hundred feet above the sea level. In pulmonary affections, we have seen many advanced cases receive marked benefit after a short sojourn here ; and cases of Asthma, which have withstood various plans of treatment, have been relieved and cured by residence and treatment here. That there is something very remarkable and unusual in the atmosphere of these Heights, no one who has spent a week here in pleasant weather will deny, and it was this fact that

led to the establishment of this institution here. We have now had patients from nearly every private institution in this country, and the general admission is, that independent of our artificial measures for assisting the invalid to regain his health, our location is equal, if not superior, to any other health institution. Our lamented friend and patient, Dr. William H. Prince, who was for nearly ten years senior physician to one of the largest and oldest sanitariums in this country, and who had made a tour of inspection of all the principal sanitariums of the United States, pronounced this the most perfect in point of location and general adaptability to any he had visited. This statement, coming from a physician who was most guarded in his remarks, is worthy of consideration of those who are desirous of securing a suitable place for themselves or friends.

The Institution

Itself has many attractions independent of its favorable surroundings. The rooms are large, well furnished—a number having running-water, and supplied with gas, electric bells, and steam radiators. We have accommodations for only thirty patients, which are as many as should ever be under one roof. Our rules and restrictions are few and plain, and such as meet with the cordial approval of all who come.

We aim at making our patients as forgetful as

possible of their ailments, and especially discourage all conversation among them about their troubles, as we consider the habit of discussing such topics as not only unpleasant, but exceedingly depressing and injurious. No influence at work in a health institution retards the progress of patients so much as the too frequent habit of nursing and fondling their sufferings, real or imaginary, in conversation with each other.

Facing the north, east, and south are broad piazzas on which, in summer time, patients can enjoy the cool, refreshing breezes in their chairs and hammocks.

A short distance from the Institute are delightful pine groves, open to the patients. In one of these groves is the "ROBBINS SPRING," claimed by its owner, and by many patients who have been here, to possess extraordinary remedial properties. The distance from the institution to this Spring affords a pleasant walk for convalescents in the early morning and evening of summer and autumn days.

Treatment.

In the treatment of chronic diseases we avail ourselves of every well-tried method. Our chief desire is to benefit our patients, and having studied and made ourselves familiar with the most recent plans of treatment, we feel at liberty to practice as in our judgment and experience seems best in each individual case. But we will say that we yearly

grow more and more opposed to the frequent administration of drugs in chronic diseases. The majority of cases seeking relief at this and similar institutions have already been victims of too much drugging. While every case, to be successfully treated, must be individualized and prescribed for on its own merits, we may state in a general way that our treatment consists, besides paying a careful attention to the well-known but little observed laws of health—*Diet, Rest, and Exercise*—in the administration of various baths, *Galvanic* and *Faradic Electricity*, *Swedish Gymnastics*, *Percussion* by means of rubber balls (which treatment is peculiar to this institution), and *Massage*.

THE TREATMENT ROOMS AND GYMNASIUM are large, airy, and well equipped with necessary appliances for aiding in the establishment of health. Last year, Mrs. George Tuxbury of Boston kindly furnished our gymnasium with one of Dr. Butler's health lifts, which is a valuable addition to the useful apparatus found there.

The Turkish Bath.

We consider the Turkish or hot-air bath the most important feature of this institution. Our experience with the judicious use of this bath has led us to think more and more highly of it as a therapeutic agent, one well worthy the consideration of every thoughtful physician. When a student in Edinburgh, Scotland, twenty years ago, we had our

first Turkish Bath for a severe cold and rheumatism. We were convinced that under intelligent management we had a most valuable auxiliary in the treatment of disease, and our later investigations and experience have fully sustained our early impressions.

Dr. Sidney Ringer of London, England, in the ninth edition of his able work on Therapeutics, has devoted many pages to the Turkish Bath, and urgently calls upon the medical profession to investigate its claims. While Dr. Anstie, also of London, in his valuable treatise, *Neuralgia, and the Diseases that Resemble it*, refers to the hot-air bath as a most important agent for the cure of neuralgia, alcoholism, etc. Then we have Dr. Ch. Depraz's clear and concise aphorisms, which we append on another page.

A hot-air bath to an invalid should only be given in an institution under the care of an experienced physician. The patient should not be obliged to walk or ride long distances afterwards. The importance of this suggestion should not be neglected; for, while the bath ultimately hardens the body and renders it almost insusceptible to changes of temperature, the early baths should be taken with much caution, and careless exposure afterwards may be fraught with danger.

Besides the Turkish Bath, we have during the past year had fitted up a very complete ELECTRIC BATH APPARATUS, from which our patients have derived much benefit. The alternate use of this

bath with the hot-air bath has proved, in certain forms of chronic nervous affections, curative beyond our expectations.

The GALVANO-FARADIC APPARATUS has been constructed for the Sanitarium by Thomas Hall, Esq., Boston, and our methods of administering it are the same as recommended by Drs. Beard and Rockwell in their exhaustive work on *Medical and Surgical Electricity*.

Terms.

The terms depend largely upon the nature of the case, treatment, and amount of care required, and the room occupied; but it may be said that the prices range from \$20 to \$30 per week for the patient, and from \$8 to \$10 for a friend or companion accompanying patient and occupying the same room. This is allowed when not considered injurious to the patient. These terms include board, medical advice, and such treatment as may be ordered by the physicians. Where it is convenient, patients will please bring with them a statement of their case from their physician.

In coming to the Sanitarium, take the train at the "Boston & Lowell Depot," and stop at the ARLINGTON HEIGHTS STATION—not Arlington Station. A station carriage is usually in waiting.

Address for further information,

ALLAN MOTT RING, M.D.

THE TURKISH BATH.

I. The Turkish Bath is the best and most efficacious of all baths, both in a hygienic and therapeutic point of view. It bestows, as nothing else can, perfect cleanliness, a sense of complete comfort, and a wonderful power of resistance to variations of temperature. The skin of the entire body acquires from its frequent use an astonishing vitality, analogous to that possessed by the surface of the hands and face, always exposed to the air, yet never feeling cold.

II. The Turkish Bath, in its combination of heat with cold water is the *perfection of hydrotherapy*. It possesses threefold remedial powers, at once *depurative, derivative, and tonic*, so that most chronic affections which resist ordinary remedies are advantageously influenced by it. Such are *rheumatism* and *gouty affections, visceral engorgements, the strumous and syphilitic diathesis, obesity*, etc.

III. The skin is to man what the foliage is to the tree—a vast external lung, with millions of pores, of glandules and of papillæ, and an immense net-work of arteries and nerves. It is the *complement* and *supplement* of the internal lungs. With the aid of the Turkish Bath the skin breathes and transpires in place of the lungs. Thus is explained its efficacy in the treatment of *laryngitis* and *bronchitis*,

in arresting *pneumonia*, and in modifying the course of *catarrhal* and *tubercular affections*.

IV. The mucous membrane of the digestive passages, and of all the internal ducts, is simply a prolongation of all the internal cutaneous tissue, from without to within; at the external openings the skin becomes thin, the *epidermis* changes to *epithelium*; there is, therefore, both analogy or organization and anatomical continuity between the skin which covers the body and the entire mucous system. Modifications in one portion of a system influence the entire system. The external skin, modified by the Turkish Bath, becomes the modifier of the internal skin, that is to say, the modifier of the *digestive, urinary, and genital systems*.

V. Winter and autumn diminish the activity of the cutaneous functions and harden the skin. Hence, at the fall of the leaf, in all cold and damp countries, there occurs an exacerbation of all the catarrhal affections of the *bronchi*, the *kidneys*, and the *bladder*. The Turkish Bath acts in the inverse ratio of winter and of dampness; the heat of the bath is an artificial warm and dry climate at every one's door.

VI. Old age, by reason of the progressive predominance of the carbonaceous elements in the economy, the increasing rigidity of the capillaries, and the consequent diminution of the secretions, concentrates the peripheric circulation of the body in the interior of the splanchnic cavities and vital organs; hence result *wrinkles, gray hairs, baldness, harshness of the skin, apoplectic tendencies, stiffness of*

the joints and fragility of the bones ; in short, all the attributes of old age, terminating in one step further, decrepitude. The Turkish Bath, by means of an active inverse movement of the circulation towards the surface of the body, imitates youth, restores elasticity to the movements, vigor to the functions, and mirth to the countenance.

VII. There is no true disease without fever, mild or acute, apparent or latent. There is no fever without an alteration in the skin in respect to its circulation, its sensibility, its temperature, and its power of inhalation and absorption. Now, since the Turkish Bath acts efficiently on all these functions of the skin, it follows that there is no true disease in which the Turkish Bath may not be either the sole remedy or a part of the remedial process.

VIII. The Turkish Bath is eminently a *tonic*. By means of massage, frictions, and varied exercises, it reëstablishes functional equilibrium in those who are overwhelmed with brain work and do not have sufficient exercise—men of letters, judges, journalists, bankers, and members, in fact, of all sedentary professions.

IX. The Turkish Bath is a complete regulator of the organic functions. By the abundant transpiration which it causes, it controls the balance of the economy in those who are too much addicted to the pleasures of the table just at the time of life when the withdrawal of the accustomed demand of daily duties upon the system ought to impose the greatest moderation. This caution concerns espe-

cially merchants and tradesmen withdrawing from active business, and retired officers.

X. The Turkish Bath is sedative and restorative in its action ; by its equalizing effect on the circulation it restores the strength exhausted by a long walk, a sea voyage, or a trip by rail, by protracted loss of sleep, and by excesses of every kind, whose morbid effects are reflected upon the nervous system. Hence its importance to tourists, sportsmen, athletes, and artists.

XI. The Turkish Bath is depurative and reconstructive. By its abundant sweats and by a more perfect and more prompt assimilation of food it modifies constitutional disorders, such as *rickets*, *scrofula*, *anemia*, *malarial*, *herpetic* and *syphilitic diatheses*, *mercurial* or *metallic poisoning*, and the *lymphatic* temperament, the first cause of *scrofula* and *consumption*. The complement of the Turkish Bath in these conditions is a wholesome and substantial diet, a *régime* which is rendered attractive by improved appetite and digestion.

XII. The Turkish Bath is the adjuvant of all other remedial baths. It facilitates the absorption of mineral waters at every season and in all climates. Wherever the water-cure is indicated the Turkish Bath may advantageously be substituted for it. It is none the less an efficacious remedy because it is a luxury, like a cool bath in midsummer, or an iced drink in the heat of the desert. — DR. CH. DEPRAZ ; translated in *Medical Bulletin*.

OPINIONS OF OTHER MEDICAL MEN,

Who have written about the Turkish Bath.

DR. LEWIS A. SAYRE, New York surgeon, after repeated trials of the bath, in his own person and in his patients, sums up thus: "When the medical profession arrive at a thorough knowledge of hot-air baths, they will prescribe baths more, medicine less, and be of more service to their patients."

DR. AUSTIN FLINT, of New York, says: "As a remedy for sleeplessness, hot-air Roman baths are better than bromides, chloral, or opiates."

SIR BENJAMIN BRODIE declares that "the hot-air baths are of great use in dyspeptic and gouty habits, and for those who lead inactive lives."

The eminent author, GOSSE, of Geneva, affirms: "It is the real panacea for the larger portion of the diseases which assail mankind."

DR. HAMMOND, New York, Surgeon-General U. S. A., and the highest authority on diseases of the nerves and brain in America, says: "In many affections of the nervous system, and in cerebral congestion, Turkish Baths cannot be too highly commended."

SIR JOHN FIFE, M.D., Senior Surgeon to the great Newcastle Infirmary, enthusiastically declares, in speaking of the treatment of rheumatism by the

bath: "Some with their joints much swollen, and suffering martyrdom, were conveyed helpless into the bath, as into the Elysium where ache and pain vanish." And again Sir John writes: "Its effects are most remarkable in obviating disorders and palliating diseases of the liver and kidneys."

The House Surgeon of the great Newcastle-on-Tyne Infirmary, where not less than 12,000 patients are treated annually, says: "Another year's experience has confirmed me in the opinion expressed in my last report as to the great value of the Turkish Bath in cases of rheumatism, dropsy, skin disease, catarrh, influenza, ague, chronic bronchitis, and affections of old people attended by dry condition of the mucous membrane." In this great infirmary, and in all the great hospitals, asylums, and infirmaries in Great Britain and Ireland, the Turkish Bath is now used in curing any known malady.

The exalted character of that gentleman and scholar, PROF. TOWNSEND, of Boston University, gives peculiar interest to the following note:

"BOSTON UNIVERSITY, }
February 12, 1879. }

"Having enjoyed regularly, during the last four years, the luxury and benefit of the Turkish Bath, I feel that others who are often taxed and jaded with professional work ought to have the advantage of my experience.

"In a word, I am convinced that if I could persuade professional men to use these baths system-

atically, I should thereby render them physiologically the kindest and greatest service possible.

“L. T. TOWNSEND.”

DR. LONGLEY insists that “Turkish Baths shall be provided by the government, as in the days of the Roman empire.”

DR. COLT, of Williamsburgh, L. I., says: “I consider the Turkish Bath as especially beneficial in catarrhal affections.”

DR. J. E. BROWN, of Philadelphia, says: “As a curative and pleasant process, I can heartily recommend the Turkish Bath.”

DR. ERASMUS WILSON, one of the most celebrated writers on diseases of the skin, speaks of the Turkish Bath in the following terms: “How marvelously soothing! All care, all anxiety, all trouble, all memory of the external world and its miserable littleness is chased from the mind. Our thoughts are absorbed in rapturous contemplation of the delights of the new world—the paradise into which we have just been admitted. The tyrant Pain, even, loses his miscreant power here. The headache is gone; the spasm no longer abides; the pang of neuralgia, of rheumatism, of gout—all are fled; for this is the region where the suffering find a soothing relief from all their torments; and over the door is it not written, ‘*This is the Calidarium: pain enters not here!*’”

DR. WILSON further adds: “In the bath, the skin acquires color, freshness, firmness, and elas-

ticity. It loses the muddy and faded hue of ill health. As the skin regains its health by the bath, the hair returns upon the scalp of the bald; and white hairs which have crept untimely and unbidden among the dark locks of mid-age shrink away from sight."

"By timely recourse to Turkish or hot-air baths, bronchitis, diarrhœa or dysentery may be prevented or relieved."—JOHN T. METCALF, M.D.

"It has become a question with me, not what the bath will cure, but what it will not."—DR. BRERETON.

"Gout, rheumatism, and neuralgia are said to be unknown among the Turks."—DR. LEARNED, in the London *Lancet*.

"All unfavorable influences of climate and national habits combine to suggest the more extended use of the Turkish Bath as a national need; and surely, if slowly, will their hygienic, their soothing, their invigorating influences commend themselves to our over-worked, harassed, and sedentary population. That these baths facilitate digestion was known of old."—PROF. GEORGE T. ELLIOT, M.D., Bellevue Medical College, New York.

DR. THOMAS H. KELLOGG, Resident Physician of the New York City Asylum for the Insane, in his annual report for 1873, thus refers to the Turkish Bath: "During the past year there have been prescribed and administered to our patients 2,280 Turkish Baths." In conclusion, Dr. Kellogg affirms that

the Turkish Bath "should be made one of the curative resources of every hospital for the insane."

PROF. HENSLER says: "After suffering undescribable tortures with sciatica for nearly two weeks, I went in despair, *incog.*, to a Turkish Bath, in a distant part of the town. I returned to my house two hours later, delighted and bewildered. I said to myself, if this relief continues, I shall investigate this new bath. Now, although it hurts my treasury, I send every patient suffering from any form of neuralgia, rheumatism, or derangement of the kidneys, directly to the bath, satisfied that that alone will do infinitely more for them than all my drugs."

"Bright's disease of the kidneys is more rare when the bath is habitually resorted to. It will improve the health of patients with incipient consumption. It is also good in diabetes and diseases of the skin, erythema, etc."—W. H. THOMPSON, M.D., LL.D., Professor of Materia Medica, New York.

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